

A circular arrangement of 76 white stars on a blue background, with a red ribbon-like shape flowing from the bottom of the circle.

jr. 76
J SKILLS
CHALLENGE

snipes 

2025 PROGRAM HANDBOOK





COMPETITION RULES

OVERALL RULES

- All skills are conducted to simulate an in-game experience to avoid “turnovers”.
- To the best of their ability, players should avoid double dribbling, traveling, carrying the ball, etc., as if this is in a real game.
- Participants must dribble throughout the Dribbling, Shooting, and Lay-Up skills.
- Court measurements and height of basketball goal (10 feet) must remain consistent throughout the entire competition.
- For the purposes of the competition, there is no out of bounds.
- Male players in the 13U age division will use a size 7 (29.5 size) basketball.
- Male players in the 11U age division and all female players will use a size 6 (28.5 size) basketball
- Participants may shoot using an technique desired.
- All participants will shoot from the same designated 15 foot free throw line.
- Each participants receives only one official attempt to complete the challenge for a total cumulative timed score. All times should be recorded to the nearest hundredth of a second (example 12.68).

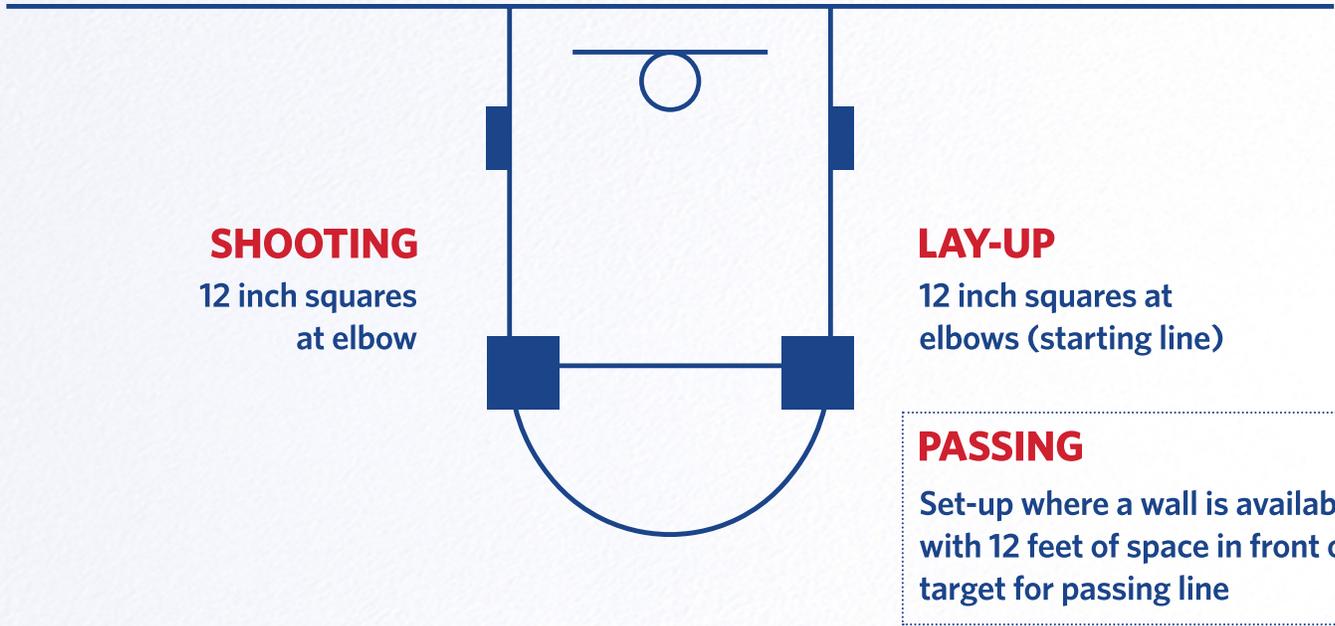
SCORE SHEETS

Visit the online Local Host Digital Tool Kit to download the competition score sheet or individual skill score sheets for each station to print or use electronically.

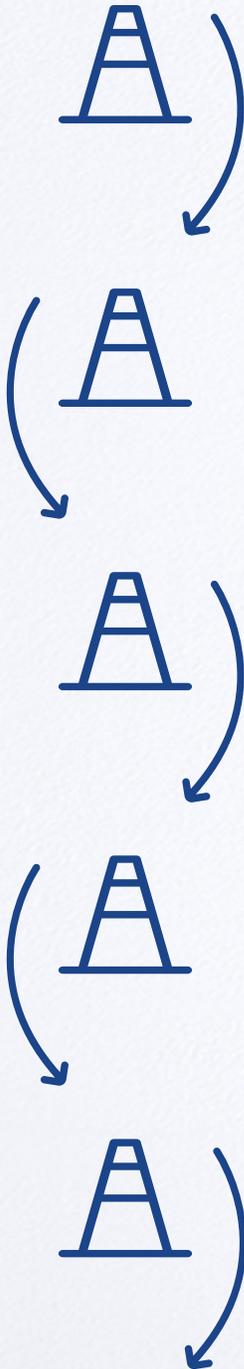
FINAL CUMULATIVE TIME

- To determine the order of finish for all participants, add up the 5 individual skill times to determine each participant’s overall cumulative time. Record the final cumulative time on the score sheet for each player. The player with the LOWEST cumulative time in each age/gender division is the Champion.

TWO HOOP COURT SET-UP SUGGESTION



DRIBBLING



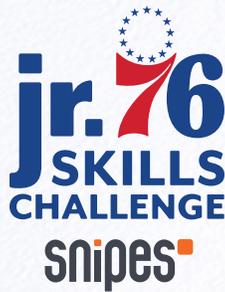
PROCEDURE

1. Participant starts behind Start/Finish Line; timer yells "Go!" and starts stopwatch.
2. **Stationary:** Using designated ball, participant completes 5 stationary dribbles with one hand, then 5 stationary dribbles with the other hand (still behind the start line)
3. **Zig-Zag:** Using either hand, participants should dribble in a zig-zag pattern through the 5 cones, starting on the outside of the first cone, and changing direction toward the second cone. A kicked over cone is permitted, provided that the participant dribbled, rounded, and weaved past the cone correctly.
4. **Speed:** After rounding the last cone, the participant should touch the baseline with a foot, then turn around and speed dribble using either hand until they reach the Start/Finish Line.
5. Once the participant reaches the Start/Finish line, the timer should stop the stopwatch, and the scorer records the final time on the score sheet.

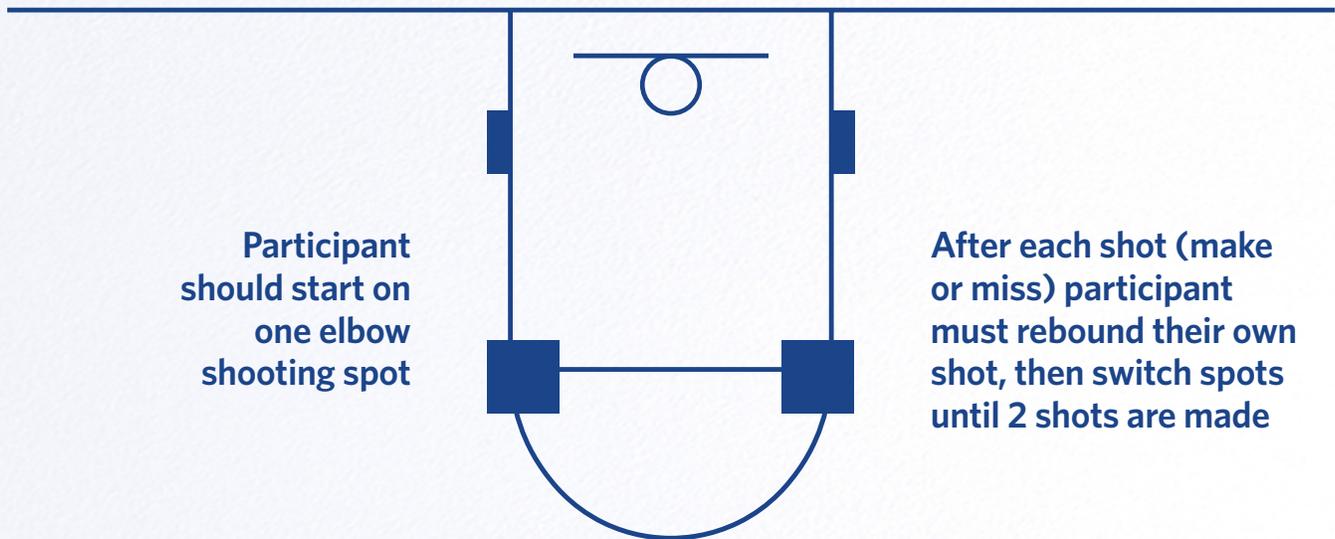
SUGGESTED STAFF

Timer/Line Control ▶ Located at the start line. Yells "GO!", begins the timing at "GO", and stops the timing when the participant crosses the finish line. Prepares the next designated participant in line for the skill.

Scorer Records all times to the nearest hundredth of a second on the official scoresheet.



SHOOTING



PROCEDURE

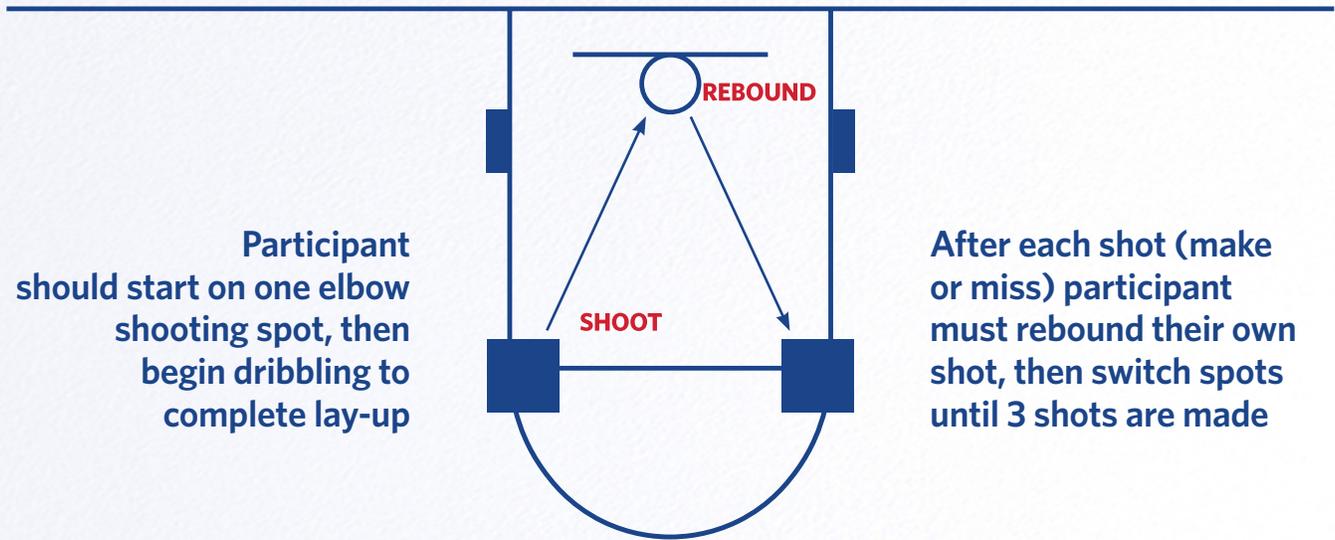
1. Participant starts at either elbow shooting spot' timer yells "Go!" and starts stopwatch.
2. Participant shoots once, rebounds their own shot, then must switch spots (make or miss). While shooting, some part of the participant's foot must be touching any part of the spot when the ball is released for the shot to count.
3. Participants should continue back and forth between spots until 2 required shots have been made. Scorer should mark each made shot on the score sheet (to assist with keeping track).
4. Once the second shot goes in and the ball is completely through the net, the timer should stop the stopwatch, and the scorer should record the final time on the score sheet.
5. If after 30.00 seconds the participants does not make the 2 required shots, the participant's turn will be over, and they receive a score of 30.00 seconds.

SUGGESTED STAFF

Timer/Line Control ▶ Located at the free throw line. Yells "GO!" and stops the timing when the second made shot goes completely through the net. If the participant nears the 30.00 second time restraint, count down the time: "10 SECONDS REMAINING"; "5, 4, 3, 2, 1, TIME". Prepares the next designated participant in line for the skill.

Scorer Records all times to the nearest hundredth of a second on the official scoresheet.

LAY-UP



PROCEDURE

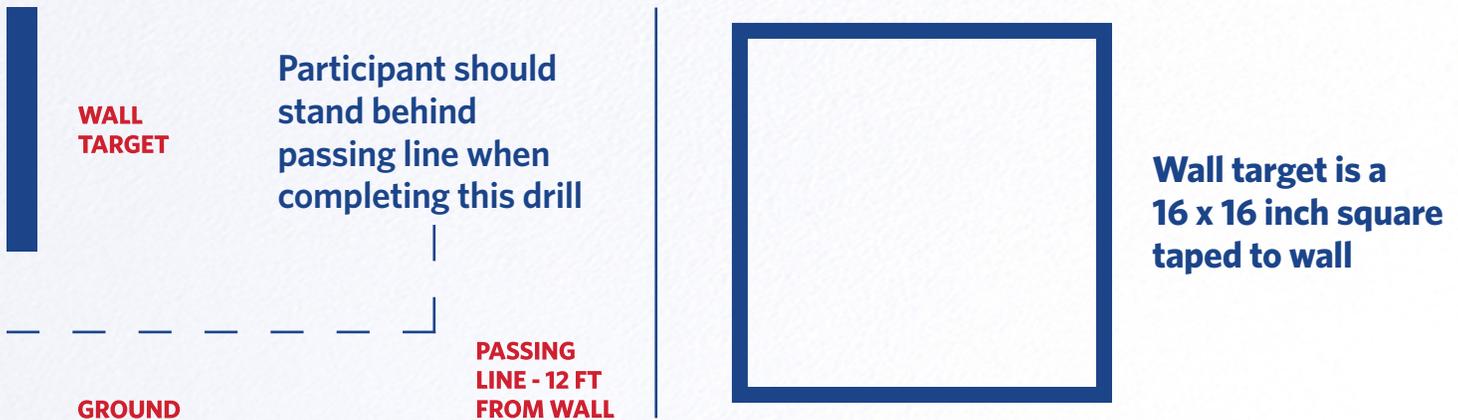
1. Participant starts with one foot on either elbow shooting spot with basketball in hands; timer yells "Go!" and starts stopwatch.
2. Participant then dribbles from the elbow to the hoop for a lay-up shot, then rebounds their own shot, and dribbles to the opposite elbow spot (make or miss).
3. Participants must touch elbow spot with one foot prior to returning for their next lay-up attempt, and should continue dribbling to alternating elbow spots and shooting lay-ups from each side of the basket until 3 total lay-ups have been made. Scorer should mark each made shot on score sheet (to assist with keeping track).
4. Once the third shot goes in and completely through the net, the timer should stop the stopwatch, and the scorer should record the final time on the score sheet.
5. If after 30.00 seconds the participants does not make the 3 required lay-ups, the participant's turn will be over, and they will receive a score of 30.00 seconds.

SUGGESTED STAFF

Timer/Line Control ▶ Located near the free throw line. Yells "GO!", begins the timing at "GO", and stops the timing when the second made shot goes completely through the net. If the participant nears the 30.00 second time restraint, count down the time: "10 SECONDS REMAINING", "5, 4, 3, 2, 1, TIME". Prepares the next designated participant in line for the skill.

Scorer Records all times to the nearest hundredth of a second on the official scoresheet.

PASSING



PROCEDURE

1. Participant starts with both feet behind passing line; timer yells "Go!" and starts stopwatch.
2. Remaining behind the line for the entire drill, participant should perform a chest pass towards the wall, aiming to hit the target on the wall.
3. Participant should continue passing until they hit the target 5 times. Scorer should mark each accurate pass on score sheet (to assist with keeping track).
4. After the fifth accurate pass is complete, timer should stop the stopwatch, and the scorer should record final time on the score sheet.
5. If after 30.00 seconds the participant does not make 5 accurate passes, the participant's turn will be over, and they will receive a score of 30.00 seconds.

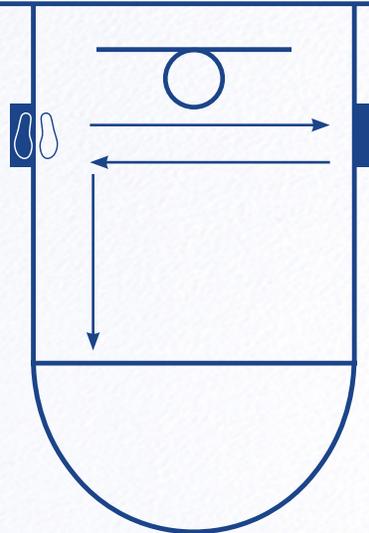
SUGGESTED STAFF

Timer/Line Control ▶ Located near the passing line. Yells "GO!", begins the timing at "GO", and stops the timing when the second made shot goes completely through the net. If the participant nears the 30.00 second time restraint, count down the time: "10 SECONDS REMAINING", "5, 4, 3, 2, 1, TIME". Prepares the next designated participant in line for the skill.

Scorer Records all times to the nearest hundredth of a second on the official scoresheet.

DEFENSE

Participant starts with outside foot on one block in this lane



Participant shuffles back and forth between blocks 6 times touching each block with a hand

After 6 slides, participant sprints to free throw line/finish line and attempts one shot

PROCEDURE

1. With their body in the lane, participants starts with one foot on the block in a defensive stance; timer yells "Go!" and starts stopwatch.
2. Participant should shuffle (not turn their body and run) to the other block and touch with their hand (1st touch). Next, the participant shuffles back, and touches the original block with their hand (2nd touch). Participant continues to shuffle back and forth between blocks for a total of 6 touches.
3. After the sixth touched back, participant will sprint to free throw/finish line. Once participant crosses the line, the timer should stop the stopwatch, and the scorer records the time on the score sheet.
4. Immediately following the participant defensive skill, they will attempt 1 free throw. Participants must attempt the free throw with both feet behind the line and must remain behind the line until the ball touches the rim, as if in a normal game.
5. If the participant makes the free throw, scorer should mark on the score sheet and subtract 1.00 second from the participant's defense time.

SUGGESTED STAFF

Timer/Line Control ▶

Located near the free throw line. Yells "GO!", begins the timing at "GO", and stops the timing when the second made shot goes completely through the net. If the participant nears the 30.00 second time restraint, count down the time: "10 SECONDS REMAINING", "5, 4, 3, 2, 1, TIME". Prepares the next designated participant in line for the skill.

Scorer Records all times to the nearest hundredth of a second on the official score-sheet. Subtracts 1.00 second from the time if free throw made, time remains the same if free throw is missed.